

2007 Women's Health Policy Summit

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Healthy Aging & the Social Determinants of Health

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The background of the slide is a solid blue color. In the lower right quadrant, there are several sets of concentric circles, resembling ripples in water, rendered in a lighter shade of blue. These circles are of varying sizes and are positioned in a way that they appear to be emanating from different points, creating a sense of movement and depth.

Caregiving & Health

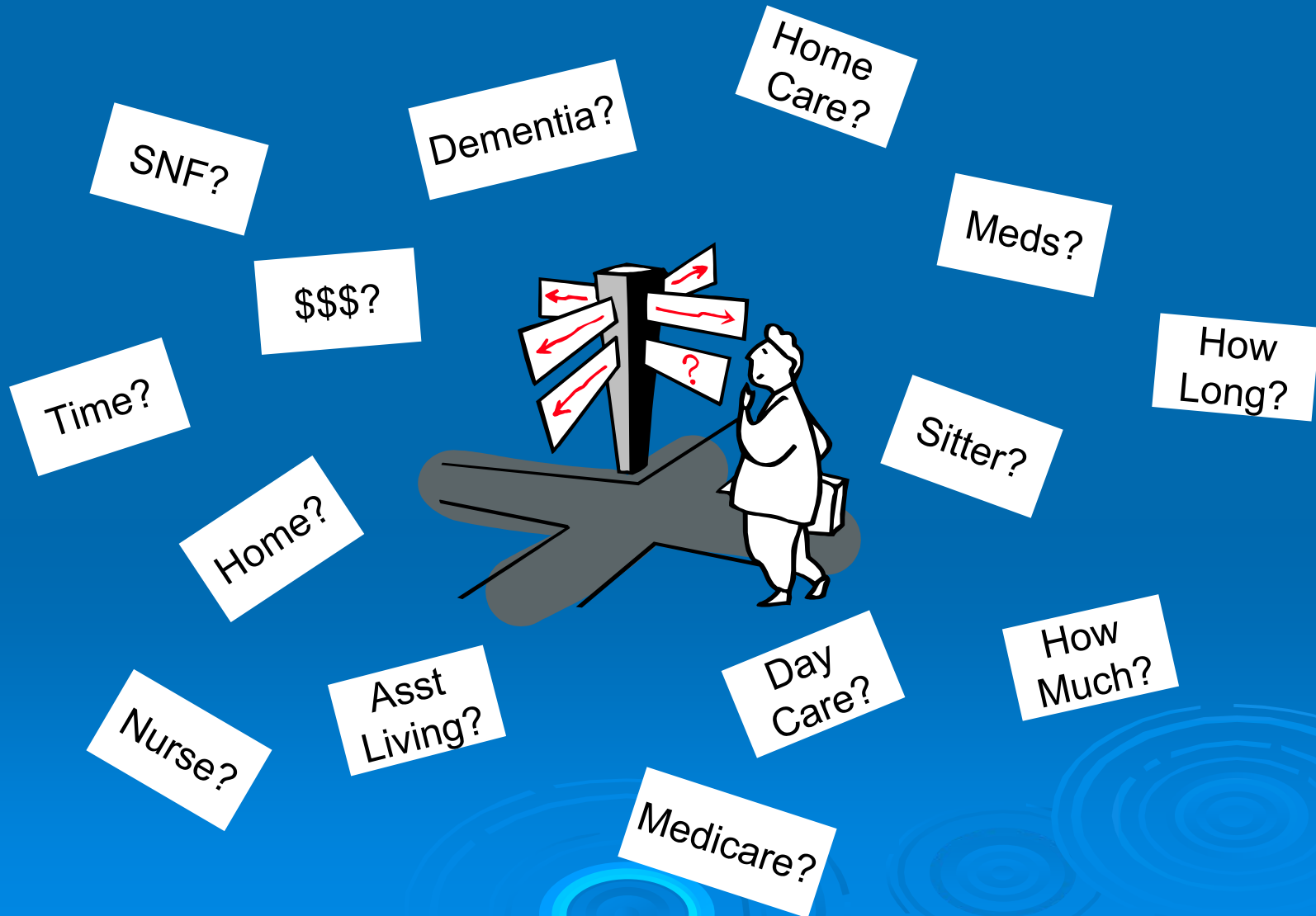
- About 44% of adults provide care for older & disabled
 - Women provide the majority of all caregiving
- A major determinant of health/mental health problems
 - Greater incidence of depression
 - Higher levels of stress & frustration
 - Increased harmful behaviors
 - Generally in worse health
 - Increased risk of heart disease
 - Lower levels of self-care
 - Increased mortality

Family Caregiver Alliance, National Center on Caregiving 2007

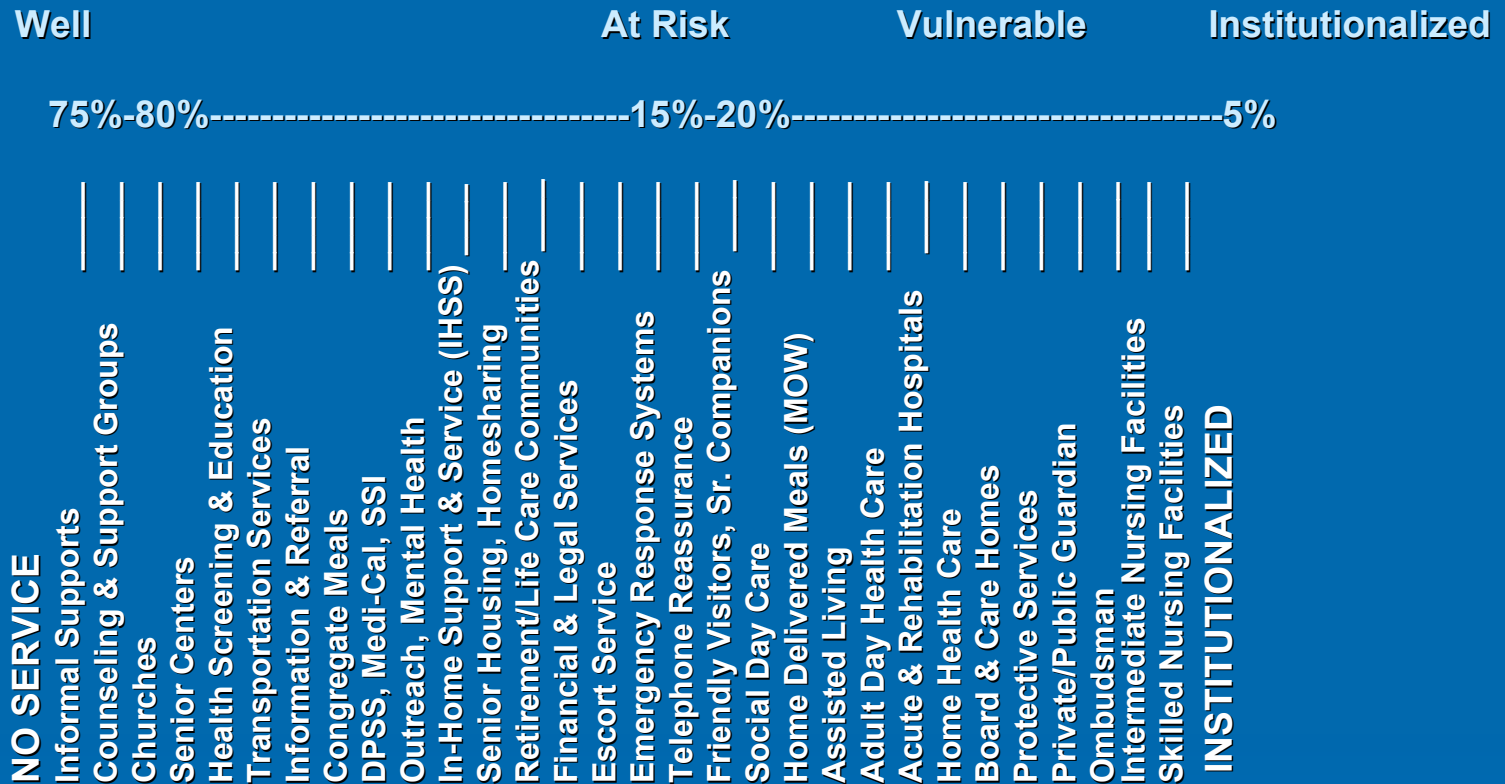
Women, Caregiving & Health

- 2/3 of caregivers are women:
 - Fare worse than male caregivers
 - Dramatic increase in mental health risk
 - Seek health care less often
 - Becoming a public health problem

“Help, I don’t know where to turn.”



Continuum of Health Status, Risk & Services



Range of Aging Network Services

Community + Care Mgmt + LTC Services

Prevention

Rehabilitation

Maintenance

Address Caregiving Issues

- Improve recognition & treatment of physical & psychological symptoms
- Identify caregiver needs & develop supportive care plan
- Education and support programs
- Alleviate economic stress through financial support
- Improve awareness of & access to community-based resources

Family Caregiver Alliance, National Center on Caregiving 2007

Challenges/Actions

- Community info about services is dispersed
 - Single entry point
- Home-based services fragmented
 - Integrated service system
- Poor diets & physical activity increases health risks
 - Screenings; exercise & active living programs
- Access to health care hampered by lack of transportation
 - Improve access to transportation

A Blueprint for Action: Developing a Livable Community for All Ages, MetLife Foundation 2007

Centenarian Personality

- Sense of humor
- Sense of hope
- Engagement
- Coping with loss

Centenarians

- Stress reduction
- No catastrophic illness
- Not obese
- Rarely smoke

Important Considerations

- Health
- Housing
- Financial Matters
- Legal Matters
- Care & Supports
- Mobility
- Caregiving

[*www.centerforhealthyaging.org*](http://www.centerforhealthyaging.org)

